INDIAN NURSING COUNCIL

Revised 1986

SYLLABI AND REGULATION
FOR THE
COURSES IN GENERAL NURSING
MIDWIFERY

COMPLEMENTARY COPY
NOT FOR SALE

[redacted]

Rs 8 - 0 0

06516

Community Health Cell
Library and Documentation Unit
367, "Srinivasa Nilaya"
Jakkasandra 1st Main,
1st Block, Koramangala,
BANGALORE-560 034.
Phone : 5531518

INDIAN NURSING COUNCIL

Revised 1986

SYLLABI AND REGULATIONS FOR THE COURSES IN GENERAL NURSING AND MIDWIFERY

CONTENTS

	Page
Introduction	(*iii*)
About the Council	(*iv*)
Terms used in the Syllabus	(*vi*)
Philosophy	1
Purpose and General Objectives of Course	2
Minimum Requirements :-	
Administration of School	4
Teaching Staff	4
Physical facilities	6
Clinical facilities — Hospital/Community	7
Hostel facilities	10
Students	11
Training Programme	12
Courses of Instruction and Supervised Practice	13
Clinical Experience	15
Scheme of Examinations	16
Eligibility for Admission to Examination	18
Council/Board Examination	19
Subject outlines :	
Anatomy and Physiology	21
Physics and Chemistry	23
Hygiene — Personal and Environmental	26
Microbiology	28
Psychology	30
Sociology	32
Community Health Nursing—I	34
Nutrition	
Health Education & Communication skills	37
Community Health Nursing Practice & Health Assessment	38
Fundamentals of Nursing	40
Medical Surgical Nursing - I (including Pharmacology)	43
Medical Surgical Nursing—II (including specialities orthopaedic nursing, gynaecology, Eye, ENT, and Communicable disease)	45
Psychiatric Nursing	54
Paediatric Nursing	56
Midwifery	61
Community Health Nursing—II	66
Professional Adjustments and Trends	69
Management and Supervision	71

INTRODUCTION

Attainment of optimum health is the desire of every individual. Health of the People is an index of the level of development of a country. The achievement of a country in preventing disease and promoting health depends upon the contribution of all members of the health team particularly that of nurses, who form a major group.

Education is the key of all progress and achievement. Educational preparation of nurses, who contribute primarily towards the health of the community needs constant attention keeping in mind the changing health needs of the society. In the light of the changing educational system of the country, the course in General Nursing has been re-organised into a three years programme.

This revision of the syllabus takes into consideration sound educational principles, changing educational needs and current health needs of the community in order to enable students to acquire adequate knowledge and skills to give efficient nursing care in the hospital and community. This programme has been geared to development of positive attitudes towards health, nursing and community.

A Syllabus can only lay down minimum requirements and guidelines for class room and clinical/field instruction. Planners of the Curriculum for Schools of Nursing are encouraged to work towards achieving higher level than the prescribed levels.

ABOUT THE COUNCIL

1947 — The Indian Nursing Council Act, 1947 to constitute the Council was promulgated in December, 1947, following the recommendation of the Health Survey and Development Committee, 1946. The Indian Nursing Council Act was passed by Parliament in 1947. The Indian Nursing Council was constituted in 1949 under the Act.

1947 Indian Nursing Council Act

1951 — A Special Sub-Committee of the Council was appointed in 1949 to study the Syllabus for General Nursing and Midwifery as recommended by the Health Survey and Development Committee. The Sub-Committee submitted its report to the Council in 1951 when the Syllabus with amendments was approved.

1951 New Syllabus

1953 — Guide for Teachers

A Guide for Teachers and Examiners in relation to health subject was approved by the Council in 1953. This was included in the publication containing the Syllabus and Regulations.

1954 — Male Nurses

In 1954 it was decided that special provision should be made in the Syllabus for male nurses. The male candidates should take two out of the six prescribed courses of duration three months in place of the subject of the Nursing of Women.

1954 Male Nurses

1954 — Integration of Public Health

In 1954 the Council recommended to the States that Public Health should be integrated into the basic nursing course.

In 1956 the minimum requirements to be fulfilled by a Training Institution offering this type of Course were added to the Regulations.

1956 — Curriculum Guide

In 1956 a resolution was sent by the Florence Nightingale Committee of the Trained Nurses Association of India to the Council, recommending the preparation of a curriculum guide to the General Nursing and Midwifery Syllabus. This recommendation was accepted by the Council, in 1957.

1963 — Revision of Syllabi

In 1963 the Council set up a project with the technical assistance of the World Health Organization for the revision of the Syllabi for the General Nursing and Midwifery Courses and for the preparation of a Guide for Schools of Nursing in India.

1982 — II Revision of Syllabi

In view of the Health Care needs of the country in terms of Primary Health Care, a Workshop was organised to revise the Syllabus of General Nursing and Midwifery.

TERMS USED IN THE SYLLABUS

1. *School of Nursing* : Is an educational institution where the students acquire adequate knowledge, skills and develop right attitudes to function as trained nurses and midwives in the hospital/community. It functions according to bye-laws laid down by the State Councils.

2. *Principal* : Is the administrative head of the School of Nursing, who will be directly responsible for the controlling authority.

3. *Vice-Principal* : Is one who assists the Principal in some of the functions and responsibilities delegated to her besides taking up the full responsibility in the absence of the Principal.

4. *Tutor/Clinical Instructor* : Is a member of the teaching staff in a School of Nursing.

PHILOSOPHY

The International Council of Nurses states that the unique function of the nurse. "is to assist the individual sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform un-aided if he had the necessary strength, will or knowledge. And to do this is in such a way as to hold him gain independence as rapidly as possible".

Keeping this in mind, the Indian Nursing Council believes that the basic course in Nursing is a formal educational preparation which should be based on sound education principles. The Council recognises this programme as the foundation on which the practice of Nursing is built and on which depends further professional education. It also recognises its responsibility to the society for the continued development of students as individuals, nurses and citizens.

The Council believes that a basic course in Nursing should prepare nurses for first level positions in Nursing both in the hospital and the community.

To achieve this, the Council is of the opinion that a good understanding of basic scientific principles, principles of communication, and learning are essential, as Nursing is believed to be a profession influenced by scientific and technological advances.

The Council reiterates the importance of clinical/field work in establishing a sound nurse-client relationship and believes that a substantial portion of the student's learning experience should be acquired in the clinical/field areas.

The Council recognises Nursing as a Practicing Profession inter-dependent on allied professions and occupations for promoting, restoring and maintaining health, and in preventing diseases.

The Indian Nursing Council recognises the necessity of developing a deep pride in the Nursing profession among students to enable further professional growth.

PURPOSE

The purpose of the General Nursing programme is to prepare general nurse who will function as member of the health team beginning with competencies for first level position in both hospital and community.

The programme is geared to the health needs of the country, the community and the individual; and it will serve as a basis for advanced study and specialization in Nursing; it will assist nurses in their personal and professional development so that they may make their maximum contribution to e society as individual citizens and nurses.

General Objectives of the Course

The nurses completing this course will be able to:-

1. Demonstrate awareness of, and skills required in the Nursing process in the provision of health care and Nursing of patients. They will be competent to:-
   - Assess the nursing needs of individuals, families and communities throughout life, from birth to death;
   - Plan appropriate action to meet their needs through competent safe nursing care;
   - Take appropriate action to help people retain or sustain their best possible level of health in all its aspects.
   - Work with other members of the health team and community in promotion of health, prevention of illness, restoration of health and rehabilitation.
   - Evaluate effectiveness of nursing and health care activities.
2. Apply relevant knowledge from the humanities biological and behavioural sciences in carrying out health care and nursing activities and functions.
3. Show sensitivity and skill in human relationships and communication in her daily work.

4. Demonstrate skill in the use of problem solving methods in nursing practice.
5. Gain knowledge of health resources in the community and the country.
6. Demonstrate leadership skills in working with the health team, community and others in the provision of health care.
7. Demonstrate understanding of and commitment to professional behaviour.
8. Demonstrate awareness of the necessity of belonging to professional organisations.
9. Demonstrate ability in self-awareness, self-evaluation in personal and professional life.
10. Promotion of health, precautions against illness, restoration of health and rehabilitation.

SETTING UP OF SCHOOL OF NURSING

(Minimum Requirements)

The following are the minimum requirements for recognition of a School of Nursing for General Nursing Programme. It should have teaching staff in proportion to number of students and certain physical facilities, laboratories, library and auditorium.

Administrative Head of the School should be the Principal. The Principal and the Vice-Principal should be gazetted officers.

TEACHING STAFF

A. *A School with 150 Students* (annual intake of 50)

1.	Principal ...	one
2.	Vice-Principal ...	one
3.	Tutors/Clinical Instructors ...	15

(ii) *For a School of Nursing with 60 students*

(annual intake of 20) there should be:-

1.	Principal ...	one
2.	Vice-Principal ...	one
3.	Tutors/Clinical Instructors. ...	Six

For every additional 10 students there should be one Tutor/Clinical Instructor.

N.B. 1. No School should be started with less than the intake of 20 students per year.

2. The teaching staff should include tutors with qualifications in Community Health Nursing, Psychiatric Nursing, Paediatric Nursing and Midwifery Nursing.

Qualifications of teaching staff

1. Principal : Masters in Nursing with a minimum of 3 years teaching and administrative experience; if such a candidate is not available, a B.Sc. Nursing (Basic or Post-Basic)

with 5 years teaching and administrative experience; even if a B.Sc. qualified candidate is not available, a Diploma in Nursing and Administration or any equivalent post-basic diploma with 8 years of teaching and administrative experience.

2. Vice-Principal : Same as above.

3. Tutors/Clinical Instructors : Masters of Nursing; if not available B.Sc./Post-Basic B.Sc.; even if this is not available a candidate with Diploma in Nursing Education & Administration or any other equivalent post-basic Diploma with 8 years of teaching and administrative experience in Nursing.

In teaching institutions the Nursing Superintendents/Deputy Nursing Superintendents/Assistant Nursing Superintendent should have the same qualifications as the Principal and Vice-Principal. Assistant Nursing Superintendent should have the same qualifications as Tutors.

N.B. Nursing Service personnel should actively participate in instructing, supervising, guiding and evaluating students in the wards. There should be close cooperation with the teaching staff of School of Nursing.

External Lecturers : There should be provision for external lecturers.

Additional Staff :

1.	Stenographer	One
2.	U.D.C. cum-Cashier Accountant	One
3.	L.D.C. cum-typist	One
4.	Librarian	One
5.	Asstt. Librarian	One
6.	Lab. Attendent	One
7.	Chowkidars	Four
8.	Driver	One (for each) (vehicle.)
9.	Cleaner	One —do—
10.	Peons	Three
11.	Sweepers	Three
12.	Duplicating Machine Operator	One

Provision to be made for having relieving staff in addition to regular staff according to rules.

Budget : School should have a separate budget, *i.e.* Principal-in-charge of the School of Nursing should be the drawing and disbursing officer and empowered to plan for operating the funds in all different heads as per Government rules and regulations and as deemed necessary for running an educational institution.

PHYSICAL FACILITIES

School of Nursing should have a separate school building. Minimum physical facilities required are suggested below :—

1. *Class-room* : There should be at least four classrooms with a capacity to accommodate the number of students admitted in each class. The room should be well ventilated with proper lighting system, built-in and portable black/green boards.

2. *Laboratories* : a. *Nursing Practice* : There should be a demonstration room, large enough to accommodate six beds. It should be fully equipped with built in cupboards, wash basins, electric fittings, etc.

   b. Nutrition Laboratory.

   c. Community Nursing and obstetric laboratory.

3. *Auditorium* : It should be spacious enough to accommodate large preferably double the number of current strength to have visiting faculty and senior students. The auditorium should have proper lighting and arrangements for using audio-visual aids.

4. *Library* : (i) It should have comfortable seating arrangements for one third of the total number of students and staff.

   (ii) It should have proper lighting, heating and cooling arrangements depending on the climate.

   (iii) Sufficient number of cupboards, racks for proper storing of books, magazines, etc.

   (iv) It should have upto-date reference books text-books. magazines and newspapers.

5. *Examination Hall/Multipurpose Hall* :

   (i) This should be able to accommodate the total number of students.

(ii) It should be well ventilated with proper lighting and seating arrangements, heating, cooling and toilet facilities.

6. *Offices* : (i) For Principal with attached toilet.

(ii) Minimum of 6 offices for teaching staff with separate desks and toilet facilities.

(iii) Separate office for office staff.

(iv) *Equipment* : each office should be adequately furnished. There should be typewriters, filing cabinets, duplicating machine, steel cupboards and telephone facilities etc.

7. *Common Rooms* : Minimum of three common rooms (one for faculty, one for students and one for office staff). Sufficient space with seating arrangements and cabinets for each to lock their articles.

8. *Record Room* : Steel racks and built in shelves

9. *Store Room* : to be provided.

10. *Room for Audio-Visual Aids*:

For storing and use of the Audio-visual aids/slides etc., there should be a video section.

11. *Facilities* : Drinking water such as (water cooler) and toilet.

II. Clinical Facilities

A. *Field Practice Area* :

(i) A well set up field-teaching centre with provision for accommodation for 10 students and two staff members.

(ii) Transport facility should be provided.

(iii) It should have arrangements for security of staff and students.

B. *Hospital* : The hospital should provide all the clinical learning experience required for the students from a School of Nursing.

Size : There shall be a minimum of 150 beds with a daily average turn over of not less than 100 in-patients, and outdoor clinics and operating rooms.

Types of Clinical Experience available : There should be a variety of patients of all age groups and at different stages of illness in all the clinical areas.

Distribution of beds : At least one-third of the minimum number of beds should be for medical patients and one third for surgical patients. Ten beds should be for gynaecology, 20 for children and 20 for obstetrics. Provision should be made for clinics in family health and welfare and other preventive medicine. The number of beds for men patients should not be less than one-sixth of the total number of beds, with a minimum of 25.

C. *Staffing* : 1. Nursing Superintendent — 1 (for minimum of 150 beds)

2. Deputy Nursing Superintendent — 1
3. Assistant Nursing Superintendent — 2 (for every additional 50 beds one more Assistant Nursing Superintendent).

Nursing staff for wards, special units and out patient department :

	Staff Nurse	*Sister*	*Deptt. Sr./ANS*
Medical Ward	1:3	1:25 each shift	1 for 3-4 wards.
Surgical Ward	1:3	1:25 „	—do—
Orthopaedic Ward	1:3	1:25 „	—do—
Paediatric Ward	1:3	1:25 „	—do—
Gynaecology Ward	1:3	1:25 „	—do—
Maternity Ward	1:3	1:25 „	—do—
(including newborns)	1:1		
Intensive Care Unit	(24:hrs.)	1 each shift)	
Coranary Care Unit	1:1 (24 hrs.)	1 each shift)	1 Departmental Sister/ ANS for 3-4 units clubbed together.
Nephrology	1: 1 (24 hrs)	1 each shift)	
Neurology & Neuro-Surgery	1:1 (24 hrs)	1 each shift)	
Special Wards Eye, ENT etc.	1:1 (24 hrs)	1 each shift)	

Operation Theatre	3 for 24 hrs. per table.	1 each shift	1 Departmental Sister/ A.N.S. for 4-5 Operation Theatres.
Casualty & Emergency Unit	2-3 S.N. depending on the No. of beds.	1 each shift	1 Departmental Sister/ A.N..M. for Emergency Casualty, etc.

Out Patient Department — Based on Actual Observation

(a) Minor operation theatre	1 staff nurse for every 13 patients.
(b) Injection Room	1 staff nurse for every 86 patients.
(c) Surgical	1 staff nurse for every 120 patients.
(d) Medical	1 staff nurse for every 140 patients.
(e) Gynaecology	1 staff nurse for every 35 patients.
(f) Paediatric	1 staff nurse for every 85 patients.
(g) Orthopaedic	1 staff nurse for every 120 patients.
(h) Dental	1 staff nurse for every 120 patients.
(i) ENT	1 staff nurse for every 120 patients.
(j) Eye	1 staff nurse for every 86 patients.
(k) Skin	1 staff nurse for every 100 patients.

Similarly other Out-patient Departments need to be staffed based on actual observation.

JUSTIFICATIONS :

1. Needs may vary from hospital to hospital depending on the size of the hospital and services rendered. More staff than anticipated will be required.
2. Special attention is needed for supervision of patient care in the evening and night shifts.
3. 30% leave reserve posts are suggested because a nurse gets 2 off, 30 E.L, & 12 C.L.-24 days off in a year. It has also been observed that on any working day 25% of the staff is off duty on casual leave, etc. As stated earlier a nurse works for 240 days in a year whereas hospital requires nursing services for 365 days and for 24 hours, which means that 1½ nurse will be required to depth and hence 30% leave reserve is needed.

D. ***Affiliation :*** When all the required clinical experience cannot be provided in the parent hospital, and the School has to affiliate with another institution, a formal arrangement should be made clearly indicating the purpose of such affiliation.

III *Hostel Facilities* :	1. *Bed Rooms*	: There should preferably be three students in one room with space for each student being 70 sq. feet carpet area per student. The furniture provided should include separate sleeping, seating and storage arrangements for each student. No additional electrical points other than the light to be provided in the room.
	2. *Toilets and Bathrooms*	: Toilets and bathroom facilities should be provided on each floor at the rate of one bathroom and one latrine for six students. In addition, Geysers in bathrooms and hand washing facilities should be provided.
	3. *Recreation*	: There should be facilities for indoor and outdoor games.
	4. *Vistors' Room*	: There should be a Visitors room in the hostel with comfortable seating, lighting and toilet facilities.
	5. *Kitchen and Dining Hall*	: There should be a hygienic kitchen and dining hall to seat at least 50% of the total students at one time. Water coolers, refrigerators and heating facilities should be provided.
	6. *Pantry*	: One on each floor with water coolers and heating arrangements.
	7. *Washing and Ironing Room*	One on each floor.

8. *Warden* : Warden should be a residential official.

IV. *Accommodation* : Residential family accommodation for teaching staff should be provided according to their status.

V. *Creche* : There should be a creche, if possible, for the children of married staff.

VI. *Canteen* : There should be provision for a canteen.

VII. *Transport* : School should have separate transport facilities.

STUDENTS

Admission — Terms & Conditions :

1. Age for entrance shall be 17 years to 35 years. For ANM/LHV age is relaxable upto 35 years, provided they meet the minimum educational requirements — 12 years of schooling.
2. Minimum education — all students should have passed XII class, or its equivalent, preferably with science subjects.
3. Admission of students shall be once a year.
4. Students should be medically fit.

Admission/ Selection Committee : The Committee should comprise tutors-nurse administrator, educationist/psychologist/Nursing Superintendent of the hospital. The Principal of the School shall be the Chair person.

Health Services : There should be a health service for students.

This should include provision for :—

(a) An annual medical examination.

(b) Vaccination against typhoid, cholera and such other communicable disease as considered necessary.

(c) Free medical care during illness.

(d) A complete health record should be kept in respect of each individual student. The question of continuing the training of a student with long term chronic illness will be decided by the individual school.

Vacation & Holidays : Annual vacation — 30 days
Sick leave — 10 days per annum
Preparatory holiday — 7 days per annum

N.B. :- Sick leave cannot be accumulated from year to year.

TRAINING PROGRAMME

General Nursing Programme Course

Description of the Course : The Course in General Nursing shall be of three years' duration, divided as follows :—

Two years theory and practice in General Nursing and one year community health nursing and midwifery. There will be alternate course for male students in lieu of midwifery. The ANM/HV who wish to undertake the General Nursing course will not be given any concession.

The maximum hours per week per student shall be 36 hours which includes instruction and clinical field experience.

Preliminary Period : There should be a preliminary period of 12 weeks. During this time she will attend the wards for observation and supervised practice not exceeding 16 hours per week.

An examination to assess the student's ability to continue the course should be held in the 11th or 12th week. Successful candidate only will be allowed to continue the course.

Year-wise distribution of weeks, days and hours is as follows :-

Ist year	:	42 weeks	250 days
2nd year	:	42 weeks	250 days
3rd year	:	42 weeks	250 days

Note :— Six Sundays are already substracted. These weeks are for six days for instruction/practice.

Hours available :-

Annually : 42 x 36 hours = 1500 hours approx.

It is recommended that hours of instruction and clinical field experience be divided as follows for each year :—

	Instruction Including Supervised Practice (Hours)	*Clinical Field Experience (Hours)*
First year	565	935
Second year	350	1150
Third year	250	1250
	1165	3335

Total Hours :- *4500*

COURSES OF INSTRUCTION AND SUPERVISED PRACTICE

	Instruction and Supervised Practice Minimum Hours
(FIRST YEAR)	
I. Basic Science applied to Nursing:	
Anatomy and Physiology	80
Physics and Chemistry	20
Microbiology	30
Total :	130
II. Behavioural Sciences applied to Nursing :	
Psychology	60
Sociology	30
Total :	90
III. Community Health Nursing-I	
Nutrition	30
Hygiene—personal and environmental	40
Health education and communication skill	10
Community Health Nursing	100
Total :	180

IV. **Nursing :**

Fundamentals of Nursing	165
Total :	565 hours

(SECOND YEAR)

	Instruction and Supervised practice
Medical/Surgical Nursing-I	*Hours*
(including Pharmacology)	
I. **Medical/Surgical Nursing**	240
(including Gynaecological, Orthopaedic Nursing, Eye, ENT, Communicable Diseases)	
Psychiatric Nursing and Mental Health	30
Paediatric Nursing	50
Advanced Nursing Practice	30
Total :	350

THIRD YEAR

Midwifery/alternate course for Male students	100
Community Health Nursing-II	100
Professional Trends and Adjustments	30
Management in nursing	20
Total :	250
Grand Total :	*1165 hours*

Note : Wherever it is applicable a minimum one third of the total hours has to be devoted to practical work in each subject.

Note : Wherever it is feasible, male students may take midwifery or may elect one six-months clinical nursing course as approved by the Indian Nursing Council.

CLINICAL EXPERIENCE

Students may be assigned for observing and practising what they are learning, under careful supervision in the clinical area.

A careful and continuous assessment of a student's knowledge, abilities and attitudes will determine whether she/he should continue in nursing after the first three months on successful completion of a formal school test.

Minimum clinical/field experience required and its suggested placement in the curriculum is as follows :-

Break-up of hours of clinical experience

Clinical Area	1st year		2nd year		3rd year		Total of each	
	Hrs	Wks	Hrs	Wks	Hrs.	Wks.	Hrs.	Wks.
Basic Nursing in any area :	288	(8)	—	—	—	—	288	(8)
Community Health Nursing :	216	(6)	—	—	360	(10)	576	(16)
Medical Surgical Nursing :	287	(8)	718	(20)	—	—	1005	(28)
Paediatric Nursing:	144	(4)	218	(8)	—	—	362	(12)
Psychiatric Nursing:	—	—	144	(4)	—	—	144	(4)
Midwifery/speciality for Male Nurse:	—	—	—	—	890+24		890+24	
Total :	935		1080		1250		3265	

Night Shift : Students must be under the supervision of a registered nurse when assigned to night shift. This assignment should not be given until *after the first year and a total of eight weeks during the entire course.*

RECORDS

The following shall be the minimum records to be maintained for each student :-

1. Admission records.
2. Health records.
3. Class attendance.
4. Clinical and field experience.

5. Progress reports on assessment in theory and performance for each subject and clinical/field experience.
6. Mark lists.
7. Leave record.
8. Practical record book for each student.
9. Cummulative record. Final summary at the end of the course.

Note :
1. Frequent assessment in each subject is recommended.
2. Students must be assessed for competency regularly in clinical/field experience.
3. A summary of the assessments for each subject and for the clinical field experience should be used to determine the internal marks in the examinations listed below.
4. The internal marks for each theory and practical must be sent to the Council/Board before each Council/Board Examinations.
5. The Council/Board shall conduct written and practical examination at the end of each year.

SCHEME OF EXAMINATION

Ist Year	MARKS			DURATION
	Total	Internal	External	Hours
Paper I : Fundamentals of Nursing (including first aid, emergency nursing, and Physics & Chemistry).	100	25	75	3
Paper II : Anatomy & Physiology and Microbiology.	100	25	75	3
Paper III : Community Health Nursing-I (includes Nutrition, Psychology, Sociology, Hygiene-Personal and Environmental-Health Education and Communication skills).	100	25	75	3
Practical-I : Fundamentals of Nursing	100	25	75	
	400	100	300	

IInd year		*Marks*			*Duration*
Paper I :	Medical/Surgical Nursing-I (including Pharmacology)	100	25	75	3
Paper II :	Medical/Surgical Nursing-II (including specialities Eye, ENT, Gynaecological Nursing, Communicable Diseases and Orthopaedic Nursing).	100	25	75	3
Paper III :	Paediatric Nursing Mental Health and Psychiatric Nursing.	100	25	75	3
Pratical-II :	Medical/Surgical Nursing	100	25	75	
Practical-III :	Paediatric and Mental Health, Psychiatric Nursing.	100	25	75	
		500	125	375	

IIIrd year		*Marks*			*Duration*
Paper* I :	Midwifery/alternate course for male students.	100	25	75	3
Paper II :	Community Health Nursing-II (including Professional Techniques, Management and Supervision.	100	25	75	3
Practical-IV:	Midwifery/alternate course for male students.	100	25	75	
		300	75	225	

ELIGIBILITY FOR ADMISSION TO EXAMINATION

A candidate shall be eligible for admission to the Examination if :-

The Head of the School Certifies that:

(a) She/he has completed not less than eleven months of the course and that her total performance has been satisfactory during that period.

(b) She/he has attended 75% of the formal instructions given on each subject and 75% field experience separately during the year. However the total field experience/clinical experience prescribed must be completed before the final examination (3rd year) but the Diploma shall not be awarded until the student has completed the field work requirements.

(c) Her/his record of practical experience is upto-date.

(d) The Head of the School sends to the Council/Board the internal marks for each paper as well as practicals.

Council/Board Examinations:

1. Examinations shall be graded on the aggregate marks of the three years programme as follows :

Distinction	—	80% and above
1st Division	—	70% —79.9%
2nd Division	—	60% —69.9%
Pass	—	50% —59.9%

2. **Supplementary Examinations** :

Council/Board may hold supplementary examination after six months of the annual examination :

(a) If a student fails in one theory paper, she/he may be promoted to next year of study. She/he will sit for a supplementary examination held subsequently in the failed subjects.

(b) After a second failure in the same paper (s) the students may continue in the School at the discretion of the school authorities and she/he may appear for the next examination subsequently.

(c) If a student fails in two or more papers she/he shall repeat the whole year.

(d) Passing in practical examination is compulsory for promotion to the next year, and two supplementary examinations each year.

3. Student will be allowed to sit for one annuaal examination and two supplementary examinations each year.

4. **Practical Examination Should:** First Year Examination (from next page)

(i) preferably be conducted at the same School of Nursing, where she/he is a student.

(ii) should have Nurse Examiners only.

(iii) should be conducted as far as possible in the actual work situation in a ward or at the Health Centre or village rather than in a classroom.

5. Not more than 12 students should be examined per day.

2 EXAMINATIONS :

Council/Board shall hold an annual examination and may hold a supplementary examination after six months of the annual examination for each year of study.

First Year Examination :

(a) A student will be allowed to sit for the 1st year annual examination as per eligibility conditions laid down on page 18 of the GNM Syllabus of INC.

(B) If a student fails in any one theory paper in the 1st year annual examination, she/he may be permitted to continue with 2nd years programme of study and she/he may appear in the failed subject (paper) in the supplementary examination, to be held six months after the 1st year annual examination.

(c) If she/he fails to clear the failed subject (paper) in the above supplementary examination, she/he will be allowed to sit again in the failed subject alongwith 2nd year annual examination.

(d) If a student fails in more than one paper and/or the Practical Examination in the 1st year annual examination, she/he has to repeat the 1st year's course of study for one academic year and will be eligible to sit for the 1st year annual examination in the papers (subjects) and /or the practical examination in which she/he has failed. After a second failure in the 1st year examination, a student may continue at the discretion of the school authorities and she/he may only appear in the next annual examination subsequently.

Second Year Examination :-

(a) A student will be allowed to sit for the 2nd year annual examination as per eligibility conditions laid down on page 18 of the GNM Syllabus, INC.

(b) If a student fails in any one theory paper (of either the 1st year of the 2nd year examination), she/he may be permitted to continue with 2nd years programme of study and she/he may appear in the failed subject (paper) in the supplementary examination, to be held six months

after the 2nd year annual examination.

(c) If she/he fails to clear the failed subject (paper) in the above supplementary examination, she/he will be allowed to sit in the failed subject again alongwith 3rd year annual examination.

(d) If a student fails in more than one paper and/or the practical examination in the 2nd year annual examination she/he has to repeat the 2nd years' course of study for one academic year and will be eligible to sit for the 2nd year annual examination in the papers (subjects) and/or the practical examination in which she/he has failed. After a second failure in the 2nd year examination, a student may continue at the discretion of the school authorities and she/he may only appear in the next annual examination subsequently.

Third Year Examination :-

(a) A student will be allowed to sit for the 3rd year annual examination, as per eligibility conditions laid down on page-18 of the GNM syllabus, INC.

(b) If a student fails in any one theory paper of the second year or the third year annual examination, she/he may appear in the failed subject (paper) in the relevant subsequent examination. She/he shall, however, be allowed to avail of only two more chances to clear the failed paper.

(c) If a student fails in more than one paper and/or the practical examination in the third year annual examination, she/he has to repeat the third year's course of study for one academic year and will be eligible to sit for the third year annual examination in the papers (subjects) and/or the practical examination in which she/he has failed. After a second failure in the third year examination, the student may continue at the discretion of the School authorities and she/he may only appear in the next annual examination subsequently.

SUBJECT OUTLINES

ANATOMY AND PHYSIOLOGY

Hours 80

Course description : This course is designed to help students gain knowledge of structure and functions of the human body, recognise deviations from normal health in order to perform effective nursing care

Objectives : The student understands :

(a) The general structure and functions of the human body.

(b) The details of the structure of different systems organs and their functions.

(c) To develop an ability to apply the principles of anatomy and physiology in the nursing practice.

Unit—I Introduction to Anatomical terms.

Unit—II Organisation of body ; cells, tissues, organs, systems, membranes and glands.

Unit—III Skeletal system, bones—types, structure functions, axial skeleton, appendicular skeleton, joints—classification, structure and functions.

Unit—IV Muscular system, types, structure, functions of muscles, position and action of chief muscles of the body.

Unit—V Nervous system—structure and function of neuron; central nervous system—structure and functions; autonomic nervous system—structure and functions.

Unit—VI *Cardio—vascular system* :-

(a) Blood—composition, clotting and group.

(b) Heart : position, structure, conduction system; functions and cardiac cycle.

(c) Blood vessels, structural difference and positions of chief vessels.

(d) Circulation of blood—systemic, pulmonary, and portal.

(e) Blood pressure and pulse.

(f) Lymphatic system—Lymph vessels, glands, ducts and lymph circulation,—lymph tissues in the body—spleen.

Unit—VII *Respiratory system* :

— Structure and function of Respiratory organs organise.

— Physiology of respiration.

Unit—VIII *Digestive system* :

— Structure and function of organs of digestion and accessory organs.

— Process of digestion and absorption.

— Metabolism—the meaning.

— Metabolism of food constituents.

Unit—IX *Excretory system* :

— Structure and function of the organs of urinary system.

— Structure and function of skin

— Regulation of body temperature

— Fluid and electrolyte balance.

Unit—X *Endocrine system* :

— Structure and functions of pituitary pancreas, thyroid, parathyroid, thymus supra renals.

Unit—XI *Sense organs*:

— Structure and functions of eye, ear, nose and tongue.

— Physiology of vision, hearing and equilibrium.

Unit—XII *Reproductive system*:

Female reproductive system:

— Structure and functions of reproductive and accessory organs.

—Menstrual cycle, menopause and process of reproduction.

Male reproductive system :

—Structure and functions.

PHYSICS AND CHEMISTRY

Hours : 20

Course description : This course is designed to help students to understand and apply their knowledge of scientific principles in nursing care.

Objectives :

1. To acquire such knowledge of the basic principles of physics as related to the functions of the body.
2. To acquire a knowledge of chemistry which will assist in and understanding the body functions and other allied subject i.e. pharmacology, nutrition, etc.
3. To develop an ability to apply these principles in the practice of nursing.

PHYSICS

Unit—I. *Units and measurment :*

Metric and British system of units, conversion tables.

Unit—II. *Forms of matter with their characteristics application to nursing of :*

— Surface tension

— Capillary action

— Density, specific gravity, principles of Archimedes, etc.

Unit—III. *Mechanics :*

Equilibrium, centre of gravity Levers and pulleys, traction, fraction, and principles in body mechanics.

Unit—IV. *Pressure :*

Concept of pressure hydrostatic pressure, atmospheric pressure and measurement of pressure.

Unit—V. *Heat :*

Unit of heat and temperature—Calorimetry thermometry, changes of state—evaporation, freezing; sterilization, distillation, transmission of heat, Basal Metabolic rate and its measurement.

Unit—VI. *Light :*

Reflection and refraction image formation by lens and mirrors, defects of vision and correction, therapeutics uses of light; simple optical instruments.

Unit—VII. *Sound :*

Its nature; sound waves, sound production and detection, defects of hearing, auditory, hearing aids, mitigation of noise, music, resonance, stethoscope, etc.

Unit—VIII. *Electricity Magnetism:*

— Nature of electricity and magnetism.

— Heating, electric, lighting and power

— Electro—medical apparatus, E.E.G., E.C.G. etc. Static electricity, safety precautions.

Unit—IX. *Ionizing radiation :*

X—rays, radioactive isotopes
—uses and hazards.

CHEMISTRY

Unit-I *Physical and chemical changes :*

— Types of chemical reaction with examples. Inorganic.

— Combination, decomposition, replacement, oxidation, reduction.

— Organic addition, substitution, polymerisation, oxidation in the human system.

Unit-II *Oxygen and Carbon Dioxide :*

— Importance and properties with reference to physiological system.

— Application of radioactive elements;

— Coding and identification of gas cylinders.

Unit-III *Solutions :*

— True and colloidal : Properties of true solutions, colloids, emulsion, suspensions, their application.

Unit-IV *Ionisation :*

— Theory, water as an ionising agent, water and electrolyte balance in the body.

Unit-V *Osmosis :*

— Osmotic pressure; isotonic : hypertonic and hypotonic solution — their application.

Unit-VI *Electrolytes — inorganic and organic :*

— Acids, bases, salts, and buffers — their properties and application.

Unit-VII *Elementary Chemistry and role of nurses:*

— Common drugs; natural and synthetic; vitamins, hormones, Nucleic acids and Nucler protonic, enzymes.

Unit-VIII *Elementary chemistry of :*

— Carbohydrates, fats, proteins, digestion, absorption and metabolism.

HYGIENE—PERSONAL AND ENVIRONMENTAL

Hours : 40

Course description : This Course is designed to develop an understanding about the principles of personal and environmental health and its relation to nursing in health and disease.

Objectives

1. To acquire a knowledge of the principles of health and an understanding for their relation to nursing and healthy living.
2. To acquire a knowledge of the health problems of the country and the services available to meet them.

PERSONAL HYGIENE

Unit-I *Introduction*:

Concept of optimum health and its relation to successful living.

Unit-II *Maintenance of Health*

Building of good health habits, Immunization, correction of defects, maintenance of health records.

Unit-III *Physical Health* :

Care of skin, hair, teeth, eyes, ears, hands and feet; menstrual hygiene, rest and sleep; exercise, recreation and posture; nutrition; elimination.

Unit-IV *Mental Health* :

Mental health as a component of total health; foundations and contributing factors; characteristics of a mentally healthy person; an integrated personality.

Adjustment — nature and concept, causes of mal-adjustment, insecurity, frustration; tensions; conflicts, healthy ways of meeting frustrations and conflicts.

ENVIRONMENTAL HYGIENE

Unit-V ***Introduction :***

Relation of environment to health.

Unit-VI ***Factors contributing to health :***

Clean air and ventilation; safe water; adequate lighting; good housing; safe food; sanitation — acceptable standard and methods commonly used in relation to each.

Unit-VII ***Health Hazards:***

Accident risks; polluted atomosphere; water, food, insects, parasites, rodents, infections.

Unit-VIII ***Community organization to promote environmental health :***

National, State and local services, water supply; sanitation — collection and disposal of refuse; food and milk laws; pest contol; immunization and control of infectious diseases; health education; importance of town planning.

MICROBIOLOGY

Hours : 30

Course description : 1. This course is designed to acquire a knowledge and understanding of the characteristics and activities of micro-organisms and their relation to health and disease.

2. This would enable the student to apply the principles of microbiology in nursing practice in the hospital and the community.

Objectives : The students understand :

1. The classification and characteristics of micro-organisms.
2. Micro-organisms in relation to the environment and the human body.
3. The importance and methods of controlling and destroying micro-organisms, and the application of the principles of microbiology in nursing practice.

Unit-I *Introduction* :

Brief historical review of bacteriology and microbiology, their scope and usefulness in nursing.

Unit-II *The Basic structure and active micro-organism* :

Classification; characteristics — size, method and rate of reproduction; factors influencing growth; pathogenic and non-pathogenic organisms; common diseases caused by different types of organisms.

Unit—III *Sources of infection, mode of exit and transmission of diseases* :

Ingestion, inhalation, through skin and mucous membranes and congenital; transfer of infection *via* throat, nose, urine and faeces, wounds and discharges, methods of collecting specimens; direct and indirect infection and cross infection.

Unit-IV. *Reaction of the Body:*

Local, general and specific effects to certain organisms ; Immunity—active and passive, immunization schedule.

Unit—V. *The control and destruction of micro-organisms* :

- Principles and methods of microbial control.
- Sterilization—dry heat, moist heat and chemicals.
- Disinfections—physical, natural gases, chemicals used and preparation of lotions.
- Chemotherapy and antibiotics.
- Medical and surgical asepsis; cross-infection; control of spread of infection.
- Pasteurisation.

Unit—VI. *Laboratory* :

Introduction to laboratory techniques.

- Microscope—parts and its use.
- Inoculation of culture media.
- Staining and examination of slides.
- Preparing and examination of smears.

PSYCHOLOGY

Hours 60

Course description : This Course is designed to help students to understand the human behaviour, psychology of learning and concepts of mental health. This will enable her to develop positive attitudes and human relationships in practice of nursing in hospital and community.

Objectives : The students develop a clear understanding of :

1. The concept of mind and dynamics of human behaviour.
2. Personality, mental mechanisms and emotions in health and sickness.
3. Learning and the factors influencing it.
4. Application of psychological principles in nursing.

Unit-I. *Introduction*:

Definition and scope of psychology and its importance for nurses; nature of behaviour.

Unit-II. *Psychology of human behaviour* :

Dynamics of behaviour, motivation and behavioural process of adjustments, adjustments and mal-adjustments; unconsious behaviour.

a. *Emotions* : in health and disease

— Normal developments

— Psychosomatic illness.

b. *Attitudes* : meaning, development and change, effect of attitude on behaviour; attitude and the nurse.

c. *Habits* : Meaning, development, habit formation and breaking, habits and the nurse.

d. *Frustration and conflicts* : Sources and nature of frustration, types of conflicts and coping with stress.

e. *Defence mechanisms* : Meaning, importance and classification.

Unit-III. *Personality :*

a. Meaning, types, development and growth.

b. Characteristics of various age groups-childs, adolescent and adult.

c. Will and character.

Unit-IV *Intelligence and related factors :*

Mental ability and intelligent behaviour. Nature of intelligence

Development of intelligent behaviour.

Measurement of intelligence.

Unit-V. *Learning :*

a. Nature of learning, laws and types of learning, factors promoting effective learning, memory and forgetfulness.

b. *Thinking and reasoning :*

— Nature and types of thinking and the nurse.

— Problem solving and reasoning.

c. *Observation:*

Attention and perception, factors affecting observation and errors in perception.

Unit-VI. *Mental Health :*

— Characteristics of a mentally healthy person.
Mental hygiene in infancy and childhood in adolescence and adulthood.

— National Mental Health Programme and role of nurses.

Unit-VII. *Psychology in relation to Nursing :*

Different age groups—children, adolescent, adults and the aged.

Unit-VIII. *Social Psychology :*

a. Group behaviour- social and antisocial behaviour.

b. Inter-personal relationship, inter group relationship and group morale.

0551E

COMMUNITY HEALTH CELL LIBRARY AND DOCUMENTATION UNIT

SOCIOLOGY

Hours : 30

Course description : This Course gives a basic understanding of sociology and its relevance to Nursing.

Objectives : The students develop an understanding of :—

a. The concepts of the family as a social unit and the status of the individuals in the family.

b. The dynamics of society and common social problems.

c. The socio-cultural and economic aspects of the community.

Unit-I

Introduction :

The individual :

a. Brief review of human growth and development and the effect of environment on childhood, adolescence, adulthood and the aged.

b. The rights and responsibilities of the individual in a democratic society.

Unit-II

The Family :

a. Family as a social institution and basic unit for health services.

b. The family cycle, the importance of interdependence of family members and basic needs of the family.

c. Advantages of planned parenthood.

Unit-III

The Society :

a. Definition and meaning.

b. Group types, structure, inter-group relationship, group cycle, group behaviour group morale.

c. Social changes, social control, social satisfaction.

d. Rural and urban soceity.

e. Social problems — unmarried mothers, dowry system, prostitution, drug addiction alchoholism, delinquency and handicapped citizens.

f. Social agencies and remedial measures.

Unit-IV. *The Community :*

Definition, culture, variations of cultural patterns-languages, religion, traditions and customs, mode of living, eating, housing, marriage.

Unit-V. *Economy :*

a. Brief review of natural resources of the country, occupation, industrialisation, standards of living.

b. Social security.

c. Population explosion — its effect on economy and the need for population control.

d. National income, *per capita* income and budgeting for a family.

e. Health Economics.

COMMUNITY HEALTH NURSING-I

Hours : 30

(First Year)

NUTRITION

Course description : This Course is designed to help students to develop understanding of Nutrition as an integral part of total health care programme.

Objectives : The students acquire an understanding of :

1. Principles of good nutrition and its relation to the body in health and disease.
2. Ability to apply this knowledge in the promotion of health and in the care of the sick.
3. Foods in common use in health and disease and develops skill in the preparation of such foods.

Unit-I *Introduction*:

Relation of nutrition to health.

Unit-II *Constituents of food and its functions* :

(a) Protein, fat, carbohydrates, minerals, vitamins, water.

Their sources, functions and daily requirements.

(b) Metabolism.

(c) Influence on growth and development.

(d) Effect of deficiencies and early detection of deviation from the normal.

Unit-III *Food Requirements* :

(a) The calorie.

(b) Methods of calculating normal food requirements—influence of age, sex and occupation.

(c) Nutritive value of common food articles.

Unit-IV *Preservation and storage* :

a. Household methods of preserving and storing food.
b. Contamination and its effect on health.
c. Commercially prepared foods and adulteration.
d. Precautions in Selection.

Unit-V *Cooking* :

Different methods of cooking and their effect on food and food constituents.

Unit-VI *Normal Diet*

(a) Factors influencing selection of food and planning of meals — income and number, age and occupation of family members; cultural habits and religious practices.
(b) Budgeting for food.
(c) Meal planning — sample menu.

Unit-VII *Teaching good nutrition* :

Responsibilities, opportunities; applied nutrition programme.

Introduction to Diet Therapy

Unit-VIII *Diet as a therapeutic agent* :

a. Diet in the treatment of disease.
b. Methods of modifying diet in relation to
   Calorific value
   increasing and decreasing of constituents
   by cooking.

Unit-IX *Diet and the patient* :

a. Environmental, psychological and cultural factors in accepting diet.
b. Serving of food.
c. Feeding helpless patients.
d. Opportunities for teaching.

Unit-X *Hospital diets*:

(a) *Fluid diets*
   — Beverages — tea, coffee, barley water and fruit juice.
   — *Milk product preparation*
   Whey, curd, butter milk, lactic acid milk.

— *Egg preparation*

— egg flip, albumin water.

— *Soups* — bones, vegetable, *dhal* (pulses), liver.

(b) *Light diets* : toast, poached and boiled eggs, steamed fish.

— Porridge : soft rice preparations *khichdi*, *conjee*, sago, iddlies.

— Boiled vegetables, salads, jelly and custard.

(c) *Special diets* : To be studied with related diseases and disorders and with nursing subjects.

Unit-XI *Practicals* :

a. To have an experience in planning and preparation of menus.

b. To have practice in

— Selected therapeutic cookery.

— Planning and cooking of cheap and nutritious food for the treatment and prevention of malnutrition.

HEALTH EDUCATION AND COMMUNICATION SKILLS

Hours : 10

Course Description : This Course is designed to help students to acquire an understanding of the basic principles and method of health education and develop an ability to communicate with others.

Objectives :

1. To develop the ability to recognise and utilize opportunities for informal health education.
2. To develop an ability to communicate with others.

Unit-I *Health Education*:

a. Meaning and prineiples.
b. Methods of health education.
c. Opportunities for health education in hospital and community.
d. Role of a nurse as a teacher.

Unit-II *Communication skills* :

a. Communication — Meaning and methods of communication — verbal and non-verbal communication.
b. Art of listening and observing
c. Importance of language fluency.
d. Principles of reporting and recording.

Unit-III *Audio visual aids* :

a. Definition and need.
b. Advantages and disadvantages.
c. Uses of selected aids.
d. Simple teaching aids—preparation and uses.

COMMUNITY HEALTH NURSING

Hours : 100

Course description : This Course is designed to develop an understanding of concept of health, and to introduce the student to the wider, horizons of nursing in the community in urban and rural areas.

Objectives :

1. To develop an understanding of positive health and the essentials required of a nurse for community health nursing practice.
2. To develop an ability to apply the principles of nursing care and of healthy living to individuals and families in their homes.
3. To develop an ability to apply the principles and techniques of home visiting.

Unit-I *Health and Disease* :

a. Definition and concept of health and disease concept.
b. Community Health—definition and concept history and development and the present concept.
c. Primary health care & Health for All by 2000 A.D.

Unit-II *Community Health Nursing* :

a. Its history and development in India.
b. Differences between institutional and community health nursing; principles of community health nursing.
c. Qualities and functions of a community health nurse.

Unit-III *Aspects of Community Health Nursing* :

a. Family Health Services
   — Maternal and child care, and family planning services.
b. School health services

Unit-IV *Health Problem of India* :

a. Causes of poor health
b. National plans to meet the needs.
— Control and eradication of various diseases.

— Nutritional programme.
— Family welfare programme.
— Water and sanitation programme.
— Special programmes.

Unit-V *Home Visits* :

a. Principle
b. Planning
c. Technique and evaluation
d. Equipment and their care.

Unit-VI *Adaptations of simple nursing procedure at home* :

a. Improvisation and nursing procedure at home
b. Referral systems — how to develop.

Unit-VII *Clinics* :

Setting up of health clinics.
(a) Organisation.
(b) Functions of health personnel in clinics.

Unit-VIII *Records and Reports* :

a. Difference; types, values and uses.
b. Legal implications.
c. Preparation and maintenance.

Unit-IX *Health Education* :

Planning and assessment
a. At home.
b. Clinic.
c. Hospital.

Unit-X *Health Assessment*

Health as
a. Infant
b. Pre-school children
c. Schoolgoing children
d. Aged persons

Unit-XI *Treatment* :

Treatment of minor ailments according to the standing orders.

FUNDAMENTALS OF NURSING

HOURS : 165

Course description : This course is designed to develop the ability to meet the health needs of individuals and families and to provide comprehensive nursing care. This will enable a nurse to develop the competencies for skilled patient care.

Objectives :

1. To develop an understanding of the concept of comprehensive nursing and to be able to meet the needs of the individual patients.
2. To develop beginning ability to carry out the basic nursing techniques and the care with the application of scientific principles.
3. To develop an ability to communicate effectively and establish good interpersonal relationship.
4. To understand the principles and develop skill in observation, recording and reporting.
5. To develop an understanding of different emergency situations and become skilled in giving first aid treatment to patient in hospital/ community.

Unit-I *Introduction to Nursing*:

(a) *Hospital*—Its set up and functions and the health team.
(b) *Patient*—As an individual the reaction of the patient and his family to illness.
(c) *Nursing*—Basic nursing principles, concept of nursing.
— *Nursing*—as a community service
— Nature and scope of nursing.
— History and development of nursing in ancient times, early Christian era, middle ages and Modern Nursing.
(d) Nurse—Qualities—professional and ethical behaviour expected.
Role and responsibilities of a nurse in the health team.
(e) *Health agencies*—hospital and community.
(f) *Holistic approach* to nursing

Unit-II *The Patient and his illness* :

(a) Introduction to care of the sick.
(b) Admission of a patient.
— Patients unit—set-up and care.
— Admission procedure and reception of patient.
— Care of patient's belongings.
(c) Maintaining therapeutic environment.
— Temperature
— Lighting
— Noise and humidity
(d) Psycho social environment.
— Meaning and its importance
— Aesthetic consideration in the environment, colour schemes, beauty and flower arrangements.
(e) Discharging a patient.
— Preparation of the patient—physically and mentally.
— discharge procedure
— hospital policies.
— preparation of the relative of the patient for discharge.
(f) The dying patient
— Signs and symptoms of approaching death.
— needs of the dying patient and his relatives.
— Care of the dying ; last offices.

Unit-III *Basic Nursing Care needs of the patient* :

1. *Hygienic needs*

(a) Importance of maintaining good personal hygiene in health and disease.
(b) Nurses role in maintaining good personal hygiene.

2. *Physical comforts*

(a) Meaning and its importance in health and disease. Factors promoting and inhibiting physical comforts.
— Comfort devices and their uses.
(b) Positions for comfort and positioning
(c) Beds and bed making
— factors to be considered in selecting and making bed—different types of beds and their uses.
(d) Principles of lifting and moving patients in bed.

3. *Nutritional needs :*

(a) Importance of diet in health and diseases.
(b) Factors affecting the normal nutrition in sickness.
(c) Nurses role in maintaining good nutrition.
(d) Feeding helpless patients.

4. *Elimination needs :*

(a) Problem in sickness.
— Constipation and diarrhoea.
— Retention and incontinence of urine
— Nurses role.

5. *Activity and exercise :*

(a) Importance of activity and exercise in health and sickness.
— active and passive exercise.

(b) Bed sores —causes, signs and symptoms prevention and nursing care.

6. *Safety needs*

7. *Communication needs*

8. *Psychological and spiritual needs.*

Unit-IV *Therapeutic Nursing care :*

1. Asepsis—medical and surgical
2. Treatments related to cardio—vascular system.
3. Respiratory system.
4. Gastro intestinal tract.
5. Genito—urinary system.
6. Nervous system.
7. Muscul. skeletal system.
8. Eye and E.N.T.
9. Skin and mucous membrane.

Unit-V *Observation and Assessment of patient :*

1. Principles, process and importance of observation and developing skill in observation.
2. Observation of physical and physiological state, height, weight, posture, speech and level of consciousness, observation of common signs and symptoms.

3. Psychological observation
   - Mood, intelligence and emotion
   - Characteristics of normal behaviour and deviation.
4. Physical examination and nurses role.
5. *Body discharges.*
   - Urine and stool — Normal and abnormal characteristics.
   - Sputum and vomit
   - Collection of specimens—routine and culture examination.
6. *Vital signs* :
   - Temperature, pulse and respiration
   - Blood pressure
   - Characteristics of normal and abnormal and factors influencing the variation
7. *Recording and Reporting* — types and important records and reports and nurses role.

Unit-VI *Basic needs in special conditions* :

1. Care of patient with fever.
2. Unconscious patient.
3. Patient with fluid imbalance.
4. Patient with communicable disease.
5. Dysponea patient.
6. Principles of pre and post operative care.

Unit-VII *First Aid and Emergency Nursing* :

1. *Introduction*
   (a) Importance of first aid and rules of first aid.
   (b) Concept of emergency.
2. *First Aid in emergencies*
   (a) Fire, burns, fractures, accidents, poisoning, drowning, haemorrhages, insect bites, foreign bodies.
   (b) Transportation of the injured.
   (c) Bandaging and splinting.

3. *Community emergencies and Resources.*

(a) *Community emergencies* :

Fire explosions, floods, earthquakes, famine

— Immediate and later role of nurse

— Need for rehabilitation

(b) *Community resources* :

Police assistance

— Voluntary agencies, local, national and international agencies.

— Ambulance service—their function in relation to emergencies.

MEDICAL — SURGICAL NURSING — I & II

Hours : 240

Medical-Surgical Nursing-I

Course description : This course is designed to help students to acquire an understanding of various medical — surgical disorders, and their treatment. Students will be able to give comprehensive nursing care to patient in the medical surgical wards.

Objectives : To help the students.

1. To acquire an understanding of the causes, symptoms, treatment and prevention of medical and surgical diseases commonly seen in the hospital and community.
2. To develop an ability to carry out Nursing techniques with application of scientific principles.
3. To develop skill and right attitude in giving comprehensive care to patients with medical and surgical diseases.

The study of medical-surgical nursing should include :

1. Application of principles from allied sciences including social, preventive and rehabilitative aspects.
2. The causes, signs and symptoms, diagnostic assessment, treatment including diet and drug therapy.
3. The related nursing procedures specific to the patient care needed in the hospital and home.

Unit-I *Introduction* :

Brief history of evolution of modern medicine.

Unit-II *Causes of Diseases* :

Congenital defects: heredity, age, trauma, infections, poisons.

- Metabolic disorders
- Endocrine disorders
- Nutritional deficiencies and dietary excess
- Neoplasm
- Emotional stresses
- Social and environmental factors.

Unit-III *Reaction of Body to Diseases* :

- Inflammation
- Haemorrhage and thrombosis and embolism
- Shock
- Disorders of growth
- Tissue changes
- Neoplastic changes.

Unit-IV *Modern Surgery* :

- Brief history of development
- Surgical routine
- Anaesthesia — general, spinal and other complications of anaesthesia and surgery
- Asepsis, and antiseptic techniques and control of infection.
- Pre-operative and post-operative care.

Unit-V *Pharmacology Introduction* :

Laws regulating drugs—national; international
Pharmacopias.
Sources of drugs
Pharmaceutical preparations
Weights & measures
Prescribing of drugs
Administration of drugs
Action of drugs
Factors influencing action of drugs
Grouping of drugs
Care of drugs

Unit-VI *Disorders of the Respiratory System* :

Asthma; Pneumonia, lung abscess, pleurisyemphysema, bronchiectasis pulmonary tuberculosis, tumours.

- Common diseases of the respiratory system
- Causes, signs and symptoms treatment and common complications
- Diet therapy
- Drug therapy
- Preventive and rehabilitative aspects.

Unit-VII *Cardio-Vascular System :*

Diseases of Heart :

- Cardiac arrhythmias
- Cardiac arrests
- Heart block
- Pericarditis, myocarditis and endocarditis
- Congestive heart failure
- Hypertension
- Angina pectoris
- Valvular diseases

Vascular Diseases :

- Raynauds and Buerger's disease
- Arterioscierosis
- Atherosclerosis
- Varicose veins and aneurysms

Blood Diseases :

- Anaemia
- Leukaemia
- Agranulocytosis
- Haemophilia
- Hodgkins Disease

Blood Transfusion:

- Indications
- Grouping and matching
- R.H. factor
- Plasma
- Precautions in administration
- Blood Bank

Unit-VIII *Gastro-Intestinal System :*

Diseases of mouth and oesophagos

- Stomatitis, gingivitis and parotitis
- Dental caries
- Tumours
- Obstructive conditions of the oesophagus:
- Malignancy
- Hiatus hernia

Diseases of the Stomach and Intestinal tract :

- Gastritis
- Peptic ulcers
- Enteritis
- Colitis
- Appendicitis
- Tuberculosis
- Hernia
- Fistula and fissures in *ano*
- Haemorrhoids
- Ischio-rectal abscess

Diseases of liver, spleen, gall bladder and pancreas :

- Hepatitis
- Cirrhosis of liver
- Liver abscess
- Cholecystitis
- Tumours
- Hepatic coma
- Spleenomegaly
- Pancreatitis
- Carcinoma of liver and pancreas

Unit-IX *Musculo — skeletal system :*

Disorder and diseases of bones and joints :

- Sprains
- Dislocations
- Fractures (splints, casts, internal fixation)
- Arthritis
- Osteomyelitis
- Tumurs
- Tuberculosis
- Deformities (bone-grafts arthodesis amputation, prostnesis)

Unit-X *Genito-urinary system :*

Diseases of Kidney, Ureter, bladder and urethera :

- Congenital abnormalities
- Acute and chronic nephritis
- Nephrosis

— Uraemia
— Tumours
— Obstruction
— Tuberculosis
— Injury
— Pyelitis and pyelonephritis
— Cystitis
— Disorders of micturition
— Urethritis
— Cancer penis

Diseases and disorders of the male reproductive system :

— Inflammation of testes, epididymis and prostate glands
— Prostatic hypertrophy
— Abnormalities and diseases of testes and adjacent structures
— Malignancy

Unit-XI

Nervous System :

Diseases of Brain :

— Headache, migraine
— Epilepsy
— Tumours
— Chorea
— Parkinsonism
— Meningitis
— Encephalitis
— Brain abscess
— Injury, cerebro-vascular accidents-haemorrhage, embolism and thrombosis

Diseases of spinal cord :

— Myelitis
— Injuries
— Tumours
— Spinal cord compressions

Diseases of Nerves :

— Neuritis and neuralgia
— Myasthenia — gravis
— Sciatica
— Heat stroke, heat exhaustion and hydrophobia

Unit-XII *Endocrine System, Metabolic disorders, deficiency diseases :*

Diseases of endocrine glands :

1. Hyper and hypo secretions of
   - Thyroid
   - Parathyroid
   - Pituitary
   - Adrenal gland
2. Cysts
3. Tumours

Metabolic Disorders:

- Diabetes mellitus
- Obesity
- Gout

Deficiency Diseases :

1. Common deficiency disease.
2. Their prevalence in India
3. Early symptoms, prevention and treatment.

Unit-XIII *The diseases of skin :*

- Allergy
- Congenital abnormalities
- Eczema
- Infections
- Psoriasis & pemphigus
- Tumours

Disorders of the skin :

- Burns, including radiation burns
- Scalds
- Plastic surgery

Unit-XIV *Operation Theatre :*

1. General set up of operation theatre and team
2. Theatre technique operative — handwashing, gowning and gloving.
3. Preparation of theatre equipment and instruments in common use.
4. Theatre technique.
5. Role of a nurse in care of patient in the theatre.
6. Principle of recovery room care.

Unit-XV. *Intensive Care Nursing :*

1. Concept
2. Principles of intensive care nursing.
3. Role of a Nurse in I.C.U.
4. Common gadgets use in I.C.U./C.C.U. —Cardiac monitors, Birds, respirator, defibrillor etc.

Unit-XVI *Oncology nursing :*

1. Introduction
2. Incidence of cancer in India
3. Various modalities of cancer therapy.

Medical—Surgical Nursing – II:

Course description: This course is a continuation of Medical surgical Nursing, aims at understanding of the diseases and disorders of the female reproductive system, eye, ear, nose and throat conditions including communicable diseases and the nursing care.

Objectives : 1. To develop an understanding of the diseases and disorders of the female reproductive system.

2. To develop an understanding of the diseases of eye, ear, nose and throat.
3. To develop an ability to carry out treatments related to the systems and give comprehensive nursing care.
4. To develop an understanding of the problems and management of communicable diseases.

Unit-I *Sex life :*

— Health hygiene
— Fertility and infertility
— Sterilisation

Unit-II *Diseases and disorders of female reproductive system including breasts :*

— Infections
— Cysts, tumours and fibroids
— Abortion
— Ectopic pregnancy
— Vaginal fistula
— Erosion of cervix
— Venereal disease

06516

Disorders—

— Abnormalities of menstruation
— Menopause

Breast :

— Mastitis
— Breast abscess
— Tumours
— Malignancy

Unit-III

Special senses The Eye:

— Eye health
— Testing vision
— Refraction
— Blindness—causes and prevention
— Community services.

Diseases and disorders of eye:

— Conjunctivitis
— Stye blepharities
— Dacro cystitis
— Glaucoma
— Cataract
— Retinal detachment
— Corneal lesions and tumours
— Injury and haemorrhage

Diseases of the ear :

— Wax
— Foreign bodies
— Furunculosis
— Fungal infections
— Otitis media
— Injuries and deafness
— Mastoiditis
— Otosclerosis
— Menieres syndrome

Disease of nose and throat :

- Rhinitis
- Deflected septum
- Sinusitis
- Allergy
- Adenoids
- Laryngitis
- Tonsilitis
- Pharyngitis
- Injury

Unit—IV : *Communicable Diseases :*

Diseases caused by :

1. *Virus*—measles, influenza, chickenpox, smallpox, mumps, infective hepatitis, poliomyelitis
2. *Bacteria*—Diphtheria, whooping cough, tetnus, leprosy, typhoid, dysentery, gastro-enteritis and cholera.
3. *Zoonoses* : Kala azar, plague, relapsing fever and rabies.
4. *Mosquito* : Malaria, filaria, yellow fever and dengu fever.
5. *Sexually transmitted diseaes* : Gonorrhoea, syphilis, AIDS, chancroid, lympho-granuloma venereum and granuloma inguinale.

PSYCHIATRIC NURSING

Hours : 30

Course description : This course is to help students develop concept of mental illness and psychiatric nursing and to teach the current methods on management of mentally ill patients.

Objectives :

1. To acquire knowledge of the course of mental ill health and how these can be prevented.
2. To develop an ability to recognise deviations from normal mental health.
3. To develop a desirable attitude towards the mentally sick.

Unit—I *Introduction and Review* :

— Meaning of mental illness
— Review of mental health and mental mechanisms.

Unit—II *Mental illness* :

History and trends in care.
— Etiology of mental illness and contributing factors.
— Legal aspects in the care of the mentally sick.

Unit—III *Community Responsibility* :

— Attitudes towards mentally ill
— Misconceptions towards mentally ill
— Health and social services for the mentally sick.

Unit—IV *Diagnosis* :

— Early recognition of deviations from the normal
— Classification of mental disorders.
— Signs and symptoms of common mental illnesses.

Unit—V *Management* :

(a) Physical therapy
— drug therapy, narco-analysis, shock therapy,
(b) Psycho-therapy
hypnosis, psychoanalysis, behaviour therapy, recreational and social therapy, occupational therapy.

(c) Legal aspects of paychiatric nursing.

(d) Rehabilitation

- acceptance of the cured patient by the family and the community.
- re-employment.
- follow up.

Unit-VI *Role of the Nurse* :

The role of the nurse in hospital and community in psychiatric nursing :-

(a) *Attitude to mental illness*:

- Adaptation required in meeting basic and nursing needs.
- Ways of meeting aggression and violent behaviour.
- Depression
- Withdrawal and mania.
- Prevention of accidents amongst mentally ill
- Observation reporting and recording.

(b) *Legal aspects of the care of mentally sick patients.*

- Procedure for admission into and discharge from mental hospitals.

PAEDIATRIC NURSING

Hours : 50

Course description This course is aimed at developing an understanding of the modern approach to child care, the common health problems of children and to be able to meet the needs of children in health and sickness.

Objectives :

1. To understand the modern concept of child health and the principles of child care.
2. To develop an understanding of normal growth and development of children and enable to recognise deviations from the normal.
3. To develop skill in meeting the needs of the sick as well as healthy children.

Unit-I

Introduction:

Modern concept of child health.

- Changing trend in paediatric nursing.
- Changing trend towards hospital care—promotive, preventive and curative aspects of child health.
- Hospital environment for a sick child.
- The role of a paediatric nurse, the concept of child care.

Unit-II

The Healthy child :

(a) Growth and development from birth to adolescence

- Importance of understanding growth and development.
- Growth & development factors.
- Assessment of growth and development.
- Early detection of deviation from the normal.

(b) Nutritional needs of children.

- Nurses responsibility to meet the nutritional needs
- Planning diet for different age groups.

(c) Accidents-Principal causes and prevention.

(d) Value of play and selection of play and selection of play materials.

(e) Review of immunization schedule.

Unit-III *The Infant :*

(a) Care of the umbilical cord, skin, eye, mouth, buttocks and clothing.

(b) Disorders of infants

— Vomiting
— Diarrhoea
— Convulsions
— Distension

(c) Recognition and management of congintal anomalies.

— Causes, prevention and management
— Preparation of the parents
— Parent counselling

(d) Breast feeding

— Importance and principles
— Preparation of mother
— Difficulties in breast feeding
— Factors inhibiting and promoting lactation.

(e) Introduction of solids

— Developing healthy food habits
— Customs and taboos in relation to food habits
— Diet of healthy child

(f) — Artificial feeding.
— Reason, importance and maintenance of hygeine
— Modification and feeding technique
— Common problems.

Unit-IV *The Sick child :*

(a) The manifestation of illness in the child, including early deviation from normal.

— assessment, planning and meeting the needs of the sick child.
— adaptation of procedures
— the role of the mother.

(b) concept of neo-natal surgery

- preparation of parents for surgery of the infant child.
- pre and post operative care.

Unit-V *Diseases of children* :

Etiology, signs and symptoms; medical and surgical management; nursing care; complications; diet and drug therapy; prevention and treatment of children with diseases.

(a) *Gastro-intestinal system*

- Thrush
- Gastro-enteritis-acute and chronic diarrhoea
- cleft lip and cleft palate
- oesophageal atresia and fistula
- pyloric stenosis
- hernia
- intussusception, megacololon appendicitis imperforated anus
- rectal atresia and recto-vaginal fistula
- rectal prolapse
- vol-vulus
- jaundice
- worm infestation

(b) *Respiratory system* :

- foreign bodies
- common cold, cold, Coryza and rhinitis
- tonsils and adenoids
- croup, influenza
- bronchitis, phonumonia, emphysema etc.

(c) *Genito—urinary system* :

- Nephritis, nephrotic syndrome, nephrosis
- opispadias ., hypospadiais, phymosis and undescended testes
- extrophy of bladder
- adrenogenital sydrome
- wilms tumour, post, urethral valve.

(d) *Cardio-vascular system.*

— patient ductus arteriousus
— atrial septal defect
— ventricular septal defect
— fallots tetrology
— transposition of great vessels
— rheumatic fever

(e) *Nervous system.*

— Convulsions
— Meningitis
— Encephalitis
— Epilepsy
— Cerebral palsy
— Mental retardation
— Hydrocephalus
— Spinabifida, meningocele
— Mongolism

(f) *Eye and Ear.*

— Conjunctivitis
— Squint
— Congenital cataract
— Visual defects
— Defects of eye-lids
— Retrelental fibre plasia
— Otorrhea
— Deafness
— Otitis media

(g) *Nutritional disorders.*

— Marasmus
— Kwashiorkor
— Anaemia
— Vitamin deficiencies

(h) *Communicable disease :*

— measles, smallpox and chikenpox
— poliomyelitis
— mumps

— tetanus
— diphtheria and whooping cough
— infective hepatitis

(i) *Malignancies :*

— Leukemia
— Haemophilia

(j) *Endocrine diseases :*

— diabetes inspidus
— dwarfism

(k) *Burns:*

(l) *Orthopaedic conditions :*

— fractures
— club feet or talipes oquinevarus

(m) *Skin conditions :*

— Fungus; impetige
— Scabies, eczema, ringworm
— Moulds and warts
— Congenital syphilis
— Furunculesis
— Allergy
— Pediculosis

(n) *Psychological disorders and problems:*

— Enuresis,
— Tic
— Speech defects
— Headache
— Thumbsucking
— Bed wetting
— Somnamlulism
— Delinquency.

Unit-VI *The handicapped child*

— Importance of early diagnosis
— Care of the physically and mentally handicapped child.
— Deprived child
— Rehabilitation
— Community facilities
— Adoption laws
— Foster homes and orphanages
— The battered child syndrome

MIDWIFERY

Hours : 100

Course description : This course is designed to prepare a nurse to acquire knowledge and develop skill to meet the needs of women during the entire period of pregnancy, labour puerperium and also to care for the newborn in the hospital and the community.

Objectives : The students :

1. Acquire an undetstanding of the physiolological changes in pregnancy, labour and puerperium.
2. Understand the principles of antepartum intrapartum and post partum care, and be able to give comprehensive care to mothers in the hospitals and the community.
3. Develop skill in conducting the normal labour.
4. Understand the deviation from the normal and take appropriate action and assist in care.

Clinical facilities for training in Midwifery :

The minimum number of beds shall be 20, and the minimum number of deliveries per annum 400. The ratio of deliveries to total number of students shall not be less than 35:1.

There should be provision for clinical experience in ante-natal and post-natal care; deliveries; domicillary midwifery; and at ante-natal and post-natal clinics. This should include both normal and abnormal midwifery. The clinical field, both hospital and community, should be sufficiently well equipped for a good standard of patient care to be given. There should be satisfactory arrangements for the nursing of septic patients.

Clinical Experience :

During the period of training, each student midwife shall :

1. Have four weeks in the post-natal wards (including new borns);
2. Conduct ante-natal examinations on not less than 30 women;

3. Receive clinical instruction in the conduct of labour witnessing not less than ten deliveries before conducting one herself;
4. Conduct not less than 15 deliveries including 3 in the home;
5. Must have practice in performing an episiotomy and suturing a first degree tear;
6. Nurse not less than 15 lying-in women and their babies during the puerperium;
7. Be required to make five vaginal examinations;
8. Have a minimum of five attendance at an ante-natal and post-natal clinic.

Unit-I — *Introduction* :

(a) Historical review.
(b) Development of maternity services.
(c) Morbidity and mortality rates and their significance.

Unit-II — *Review of reproductive system and Embryology* :

(a) The female pelvis and generative organs;
(b) Menstrual cycle.
(c) Maturation, fertilization and implantation of the ovum.
(d) Formation of foetal membranes and placenta.
(e) Foetus development and foetal circulation.
(f) Foetal bones, sutures and fontanelles.
(g) Measurement.

Unit-III — *Normal Pregnancy* :

(a) Physiological changes due to pregnancy.
(b) Signs, symptoms and diagnoses.
(c) Influence of hormones.
(d) Pre-natal care.
   — Objectives
   — history taking
   — calculation of expected date of delivery.
   — routine examinations.
(e) Care and advice regarding.
   — diet in pregnancy.
   — ante-natal exercises.
(f) Minor disorders of pregnancy.
   — Alleviation of discomfort.

Unit-IV *Diseases associated with pregnancy :*

(a) Cardio vascular
(b) Urinary
(c) Respiratory
(d) Metabolic
(e) Nutritional deficiencies.
(f) Sexually transmitted diseases.

Unit-V *Normal Delivery (preparation)*

(a) Requirements for mother and baby.
(b) Preparation of the patient and delivery room — hospital and home.
(c) Psychological preparation of mother and family.

Unit-VI *Normal Labour :*

(a) Onset of labour
(b) Physiological changes
(c) Mechanisms
(d) Stages of labour
(e) Technique of vaginal examination
(f) Management of labour and nursing care of mother in labour.

Unit-VII *Puerperium :*

(a) Physiology
(b) Management of puerperium and nursing care
(c) Postal natal examination and care
(d) Care of episiotomy
(e) Establishment of breast feeding.
(f) Post natal exercises.
(g) Minor ailments and management.
(h) Family welfare.

Unit-VIII *Care of Newborn :*

(a) Establishment of respiration
(b) Care of cord eyes and skin.
(c) Examination of the newborn.
(d) Examination for defects.
(e) Care of premature.
(f) Minor ailments.

Unit-IX *Abnormal Midwifery :*

a. **Pregnancy :**

- Complication of pregnancy-medical and gynaccological.
- Contracted pelvis.
- Haemorrhages.
- Abortions.
- Ectopic gestalion
- Hydatidiform mole.
- Antepartum haemorrhage.
- Toxaemias of pregnacy and management.
- Multiple pregnacy and management.
- Polyhydramnios

b. Labour complications :

1. Malpresentations and Malpositions.
- Occipito posterior position
- Breach and shoulder
- Face and brow
- Cord presentation and prolapse.

2. Obstructed labour.

3. Obstetric shock — ruptured uterus

4. Multiple pregnancy — management and nursing care.

c. Operative Procedures :

1. Version — Internal and External
2. Episiotomy
3. Forceps
4. Vacuum extraction
5. Caesarean saction
6. Embryotomy
7. Medical Termination of Pregnancy (M.T.P.)
8. Repair of perineal and cervical tear.
9. Laproscopy
10. Manual removal of placenta.

d. *Puerperal sepsis and management :*

1. Causes, signs and symptoms.
2. Management and nursing care.

c. *Abnormalities of newborn and management* :

1. Major and minor disorders.
   - — Asphyxia neonatorum
   - — Haemolytic diseases.
   - — Rhesus factor (Rh factor)
2. Infections of newborn
3. Birth injuries.

Unit-X *Domiciliary Midwifery* :

1. Planning for domiciliary programmes.
2. Home confinement
3. Family planning devices and role of the midwife.

Unit-XI *Miscellaneous* :

1. Drugs used in midwifery.
2. Anaesthesia and analgesia during labour.
3. Radiology in obstetrics.
4. Induction of labour.
5. Post maturity.
6. Intra-Uterine foetal death.
7. Record keeping and statistics related to mother and child.

COMMUNITY HEALTH NURSING-II (Third year)

Hours : 100

Course aescri_ption : This course is designed to provide an indepth study of community health nursing and various health components, based on previous courses. It is expected that on completion of this course the students will be able to function as a first level community health nurse in urban and rural areas.

Objectives The students :

1. Acquire knowledge of community health nursing administrative at various levels in community both urban and rural areas.
2. Acquire knowledge of major health problems and national health programmes in India.
3. Acquire knowledge and develop skills for rural health nursing practice.
4. Develop an understanding of the vital role of health education in the community health nursing practices.

Unit-I *Health services organisation at different levels* :

— National
— State
— Local, both in urban and rural areas.

Unit-II Health and social services in India Health plans and health reports..

Unit-III Nurse and Rural Health Services Primary Health Centre — its set up, function, services, sub-centre and personnel,

Unit-IV Special community health services and nurses Role :

— Industrial nursing.
— Tuberculosis nursing.
— Geriatric nursing.
— Leprosy nursing.
— Oncology nursing.

Unit-V

1. Health team — its members, their function and relationship.
2. The district public health nurse — position and functions.

Unit-VI

1. Multipurpose health workers programme
   - — Personnel and preparation
   - — Supervision of health personnel by community health nurses.

Unit-VII *Health Assessment*

- — Antenatal
- — Postnatal
- — Breast palpation
- — Collection of blood slides, sputum etc. for various pathological investigations.

Unit-VIII

1. *Vital Statistics* — mode of presentation
2. *Recording* — its importance and utilisation.
3. Standing orders in community health nursing.
4. Public Health Laws.

Unit-IX *Human Sexuaity* :

1. Meaning
2. Review of male and female reproductive system.
3. Puberty in male and female.
4. Psychology of adolescent male and female.
5. Social and cultural constraints in human sexuality.
6. Importance of sex education and sex hygiene.
7. Counselling and guidance and attitudes.
8. Problems of sex affecting health.
9. Sex therapy.
10. Review of sexually transmitted diseases (STD) and mechanics of sexual intercourse.

Unit-X *Community health nurse* — as an administrator and teacher, her self development and continuing education programme in community health nursing.

Unit-XI *Study of the community and programmes planning* :

- — Surveys.
- — Helping in conducting studies and action research.

Unit-XII *Demography and family welfare :*

1. Demography
2. Family Welfare — its meaning, aims, its objectives and, importance.
3. National programme of family welfare
   — Social, biological and economic implication of population growth on the health of a nation.
4. Needs for family planning for effective family welfare.
5. Family planning — why and how.
   — Different methods of family planning — natural, biological, chemical and surgical.
   — Planning and organising family planning programme in an area.
6. Role of the nurse in family planning programme
   — Organising clinics.
   — Home and community services
   — Setting up targets, plans etc.
7. Supervisory responsibilities of the nurse in terms of family planning programme.
8. Records and Reports maintained for family planning.

N.B. Review of male and female reproductive system. Subject matter of family planning to be integrated with subjects such as, nutrition, personal and community hygiene, antenatal and postnatal care as indicated by the Indian Nursing Council.

Field Experience — Integrated field experience in the community health services including family planing.

Areas to be highlighted in terms of family planning programme :

1. Survey of the area.
2. Contacting eligible couples, preparing eligible couple registers.
3. Interview technique.
4. Organising home visit and follow up services.
5. Family planning clinics.

   Clinics for distributing of conventional contraceptives and for insertion of I.U.C.D. by nurse pre and post—application examination, advice and care
6. Organising health education programme
   — Maintain diary and records in terms of family planning programmes.
   — Family planning camps and campaigns. (Vasectomy, tubectomy, camp, etc.)

PROFESSIONAL ADJUSTMENTS AND TRENDS

Hours : 30

Course description : This course aims at developing adequate understanding of the responsibilities, limitations and professional involvement of a trained nurse and the opportunity available for further growth.

Objectives :

1. To acquire an understanding of adjustments to professional responsibilities.
2. To develop an understanding of the need for continuing education.

Unit-I — *Introduction :*

a. Qualities of a professional nurse.
b. Expectations from a trained nurse, by the professionals, medical team, and the public.
c. Relationship with patient's family members of the medical team, non-professional and the public.
   - Ethical behaviour
   - Review of International Council of Nurses code.

Unit-II — *Nursing as a profession :*

a. Meaning of profession
   - Professional nursing and 'ucational preparation needed.
b. Characteristics of professional nurse and her role.
c. Importance of research.

Unit-III — *Personal and Professional Growth :*

a. *Career opportunities*
   - Importance of setting goals.
   - Opportunities available for a trained nurse.
   - Choosing and applying for undertaking of job.
   - Interview.
   - Resignation.
   - Agreement and bonds.

b. *Continuing education*

- Concept and its importance.
- Means of continuing education.
- Opportunities available for the post-basic education.
- Utilisation of opportunities and leisure-time activities.

c. *Personal budgeting*

- Social security scheme.
- Scope for counselling and guidance.

Unit-IV *Legislation in Nursing* :

a. *Laws in Nursing*

- purpose and importance of laws in Nursing.
- Laws and regulations affecting nurses in India — Central and State legislations.
- Service, conduct and institutional rules.

b. *Indian Nursing Council and State Registration Council* :

- Development
- Composition
- Functions

c. *Registration and reciprocity*

- Importance of and procedure for registration.

d. *Legal aspects in Nursing*

- Legal aspects of liability
- Responsibilities of a nurse for protection and safeguard from legal involvement.
- Writing statement of incidence.
- Nurse as a witness.

Unit-V *Professional and Profession related organisation* :

a. *Professional organisations*

- Trained Nurses Association of India.
- Student Nurses Association
- Lady Health Visitors and Auxilliary
- Midwife association
- Catholic Nurses Guild.
- Christian Medical Association of India and others.
- Nurses responsibility towards professional
- Implications of Nurses Unions.

b. *Related organisations — their contribution to Nursing*

- International Council of Nurses.
- World Health Organisation and United Nations International Children's Fund.
- Red Cross and St. John's Ambulance
- Colombo Plan.

MANAGEMENT AND SUPERVISION

Hours : 20

Course description : This course aims to give an elementary understanding of the basic administration and its application to the management of ward or health unit.

Objectives :

1. To develop an awareness of the administrative principles underlying the organisation of a ward or department.
2. To acquire knowledge of the principles of nursing administration and an understanding of how these are applied in the administration of a ward or public health unit.

Unit-I

Management :

a. Definition of management.
b. Basic principles of administration applied to management — factors essential for good management.

Unit-II

Administrative :

1. *The environment* :
   a. Provision of Physical and personnel facilities.
      — house keeping
      — cleanliness
   b. Supplies and equipment, *e.g.* central and other supply system for
      — drugs
      — diet
      — Linen
   c. Inventories and ordering of supplies and equipment.
2. *Patient Care*
   a. Patterns of patient care and their respective value functional.
      — Patient assignment
      — Private duty
      — Team concept.

3. *Planning*

   — Objectives, principles and factors to be considered.
   — Methods of planning -- daily routine and weekly
   — Establishment of priorities.

4. *Assignment of duties to different categories of personnel*

5. *Records and Reports*

   a. Importance of records and reports.
   b. Maintenance of records.
   c. Giving and taking
      — Ward reports pertaining to patient care.
      — Administrative reports on complaints, mistakes, accidents, etc.

Unit-III *Educational* :

a. Principles of ward teaching
   — Importance
   — Methods
b. Role of the staff nurse in students education.
c. Supervision.
   — Concept
   — Importance
   — Principles and methods
   — Problems faced in supervision and problem solving.
d. In-service education
   — Definition
   — Value
   — Committee procedure.